



Healthy Alaska



September 2010

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Brain Booster:



What is special about the following sequence of numbers?

8 5 4 9 1 7 6 10 3 2 0

FASD Awareness Day

Fetal Alcohol Spectrum Disorder (FASD) Awareness Day was first observed on 9/9/99 at 9:09. Since then, FASD Awareness Day has received official recognition throughout the United States and around the world. Each year on September 9 proclamations are made and special events are organized to bring awareness to the dangers of alcohol consumption during the nine months of pregnancy and to encourage support for those suffering with FASDs.

FASD is the umbrella term for a group of conditions that can occur in an individual whose mother consumed alcohol during the 9 months of pregnancy (CDC). Prenatal alcohol exposure can cause slight to severe learning disabilities, brain damage, physical deformities and/or organ damage among other conditions. While there is no cure for FASDs, they are 100 percent preventable.

FASD Awareness day presents an opportunity to educate others on the risks of drinking alcohol during pregnancy. Some ideas for raising awareness include issuing public service announcements, handing out brochures, sharing videos, etc.

For more information or ideas, visit <http://www.fasday.com/>.

“Stand Up, Speak Up!” Campaign Survey

This past spring the Alaska Department of Health and Human Services, the Council on Domestic Violence and Sexual Assault, and the Alaska Network on Domestic Violence and Sexual Assault launched an important new media campaign for youth: “Stand up, Speak up!” (www.standupspeakupalaska.org). We’d like to know if you’ve received “Stand up, Speak up!” posters to display at your school.

Fill out a brief, online survey (five questions) and you’ll be entered in a drawing to win **Stand Up Speak Up** T-shirts for you and for your classroom. To complete the survey, click here: www.surveymonkey.com/s/3KRMRB3

School Health & Wellness Institute — Join the Movement

The **5th Annual Alaska School Health and Wellness Institute** is scheduled for Monday, October 4 - Wednesday, October 6, 2010 at the Downtown Anchorage Marriott Hotel, Anchorage, Alaska. Register now at: <http://events.SignUp4.net/SHWI2010REG>

This year's theme is **"Join the Movement"**. One of the highlights of this year’s event is the roll-out of the new *Alaska School Health and Safety Plan*, which provides direction for moving towards a coordinated approach for school health and safety programs in the state.

The Institute will include pre-conference sessions and cover of variety of topics including obesity prevention, tobacco prevention, suicide and violence prevention, and more! The *Moving Into Action – Combating Childhood Obesity* track is designed to provide registered participants three days of intensive training and planning for action. Additional details on this track will be provided for interested participants. In addition, the Institute will spotlight many local success stories from around Alaska.

Also, take advantage of the special post-conference training opportunities:

- October 7-8: There will be a two-day **We Can!®** (Ways to Enhance Children’s Activity and Nutrition) training (held at a separate location) sponsored by the National Institutes of Health and the Alaska Native Tribal Health Consortium.
- October 7: There will be a one-day **Alaska Safe Routes to School Program** training.

Who should come: Whether you are a school board member, an administrator, teacher, school nurse, school nutrition staff, counselor, parent, student, or other community member, you will learn new leadership skills and best practices for policies and programs that enhance student health and safety.

Deadline for applying: September 9, 2010



Brain Booster—

Answer:

The numbers are in alphabetical order

(eight, five, four, nine, one, seven, six, ten, three, two, zero)

Alaska Maternal Child Health and Immunization Conference

September 27-29, 2010
Downtown Hilton Hotel
Anchorage, Alaska

This conference provides opportunities to network and learn about best practices and tools on prevention, diagnosis and treatment of key women's, children's and adolescents' health issues in Alaska.

For more information or to register for the conference, visit:
<http://www.confcoor.com/MCH%>

Moving into Action: Combating Childhood Obesity Strand

The Department of Education & Early Development will be hosting the Moving into Action: Combating Childhood Obesity Strand at the upcoming School Health and Wellness Institute. The strand is designed to develop site-based plans for:

- Increasing opportunities for physical activity before, during, and immediately after the school day
- Promoting quality physical education as a means to prevent obesity
- Increasing understanding and use of effective nutrition education programming.

Eligible Participants are teams from sites that have participated in health assessments such as the School Health Index or the Healthy Schools Inventory, as well as sites that have begun planning Safe Routes to Schools. The following criteria have been established for participation:

- Participants must come as a team of 2 (teachers, administrators, school nurses, etc.)
- Participants must agree to participate in the strand in its entirety (October 4-6, 2010)
- Participants must agree to complete an action plan as part of the event, participate in a sharing conference call at 6 months and complete a brief post survey assessment of future needs and school year outcomes
- Participants must agree to complete an evaluation of the training event
- Participants must have the approval of their administration to attend this event

For their participation, participants will be eligible for:

- Travel-related stipends (up to \$1000 per person) to support participation in this event
- Opportunities for mini-grants to support the implementation of specific items in their action plans
- State and Partner resources to support their Obesity Prevention efforts

For further information on the scholarship stipends available and to register:

<http://events.SignUp4.net/SHW12010REG>

Deadline for applying: September 9, 2010

National Alcohol & Drug Recovery Month

September is National Alcohol & Drug Recovery Month. Recovery month is an annual observance that seeks to educate the public on substance abuse, promote recovery for individuals dealing with substance abuse, and accentuate the hard work of those in recovery and the individuals who serve them.

This year's Recovery Month theme, "Join the Voices of Recovery: Now More Than Ever!," focuses on raising awareness about the increasing level of stress in society and the impact it has on addiction (National Alcohol & Drug Recovery Month website).

Various societal stresses, such as workforce-related stresses or family stresses, can not only cause individuals to turn to addictions, but can also negatively affect treatment efforts. This year's Recovery month seeks to give both those struggling with addictions and those supporting them the tools they need to manage these stresses and stay on the path to recovery.

For more information on National Alcohol & Drug Recovery Month or to locate/register local events, visit <http://www.recoverymonth.gov/>.

FASD eLearning Courses

State law mandates that school districts or regional educational attendance areas train, within 45 days of hire, each teacher, administrator, counselor, and specialists on the needs of individual students who have alcohol or drug related disabilities (AS 14.20.680).

The Department of Education & Early Development offers a FASD eLearning course to help educators meet this mandate and to teach the primary and secondary characteristics of FASD, the importance of early identification and diagnosis, and how to improve the learning and behavior in individuals with FASD.

The department also offers a Multidisciplinary FASD training for professional service providers and families wishing to gain more insight into FASD and how to diagnose and support individuals with FASD.

These course can be accessed by individuals with registered eLearning accounts. To request an eLearning account, visit https://gm1.geolearning.com/geonext/edgepointlearning/login_geo and click the "Request a new account" link.

**National Institute on
Drug Abuse (NIDA)
Goes Back to School
Campaign**

The NIDA Goes Back to School Campaign offers students and teachers a source of free information about the latest science-based drug abuse publications and teaching materials.

The campaign provides students with the science behind drug abuse and gives teachers specialized curricula and teaching aids to help educate students on the dangers of drug abuse.

To access this resource, visit <http://backtoschool.drugabuse.gov/>

*****SUBSCRIBE *****

To subscribe directly to our newsletter, visit us at: www.eed.state.ak.us/tls/schoolhealth/subscribe.htm

*****FEEDBACK*****

We are looking for feedback! If there are any changes you would like to see made and/or suggestions for content of the newsletter, please send them to Meghan Nelson at meghan.nelson@alaska.gov

School Health Partners:



www.eed.state.ak.us/tls/schoolhealth/



www.hss.state.ak.us/dph/chronic/school/default.htm

EPA Indoor Air Quality (IAQ) Tools for Schools Award

Shine a spotlight on all of the hard work and dedication that you have invested in creating a healthy school environment. Attain National Recognition, Prestige and Community Buy-In.

Now is your chance to showcase your school's IAQ management program. Whether your school district is large or small, urban or rural — make it known to your community how much you care about the health of its children and the actions you are taking to protect their well-being. Gain the community buy-in and national recognition your school district deserves!

Winners of the National Excellence, National Model of Sustained Excellence and the National IAQ Tools for Schools Connector Awards will be honored at the 11th IAQ Tools for Schools National Symposium, January 13-15, 2011. Winners will be awarded one fully paid scholarship to Washington, D.C., to attend the Symposium, where they will be recognized during an awards ceremony. EPA will also issue a national press release highlighting winners' achievements to broadcast their success throughout the nation.

Applications are due Friday, October 8, 2010! Apply today for one of EPA's National Awards: <http://www.epa.gov/iaq/schools/awards.html>

Lowe's Toolbox for Education Grants

The Lowe's Foundation invites proposals for the fall round of Lowe's Toolbox for Education Grants. To help schools through this difficult economic time, grants are focusing on one time project needs that have the greatest and most efficient impact on school functioning.

Grants range from \$2,000 to \$5,000. Eligible organizations include public nonprofit K-12 schools and nonprofit organizations associated with a school.

To apply for funding, visit <http://www.toolboxforeducation.com/>

Classroom Activity of the Month

Line-Up Activity: Sleeping Beauty

Have students line up single file by the door and agree upon a secret word. Once a word has been selected, students may lay down on the floor and pretend to sleep (like Sleeping Beauty) until their teacher arrives. When the teacher comes to pick the students up, s/he has to guess the secret word (teacher can be given clues or whispered the word, if too difficult to guess). Once the teacher says the secret word, the students jump up out of their "sleep." A variation of this is to have students respond with another word /phrase as they jump up (e.g. if the secret word is Santa, students would jump up and say, "Happy Holidays!").

For more activities like this, visit P.E. Central at <http://www.pecentral.org/>.

Breakfast On-the-Go

Eating breakfast has been shown to boost metabolism, increase concentration, and improve overall nutrition and health. With the start of the new school year, schedules tend to get fuller and individuals tend to get busier making it more difficult to consume a healthy morning meal. The following ideas offer quick, easy, no-cook breakfast solutions for adults and children on the run:

Wake-Up Smoothie:

Combine 1 1/4 cups orange juice (calcium-fortified), 1 banana, 1 1/4 cups frozen berries (raspberries, blackberries, blueberries and/or strawberries), 1/2 cup low-fat silken tofu or low-fat plain yogurt, and 1 tablespoon of sugar in a blender, cover, and blend until creamy.

Makes 3-1 cups servings.

Breakfast Parfait:

3/4 cup low-fat cottage cheese or low-fat plain yogurt
1 cup pineapple, papaya, or peaches chunk
2 teaspoons toasted wheat germ

Place cottage cheese or yogurt in a small bowl. Top with fruit and sprinkle with wheat germ.

Makes 1 serving.

Recipes courtesy of <http://www.eatingwell.com>.